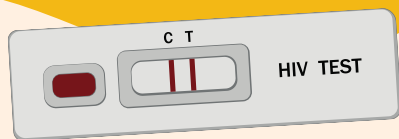
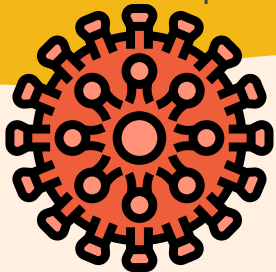


What is HIV?

Human Immunodeficiency Virus (HIV) is a virus that causes *Acquired Immune Deficiency Syndrome* (AIDS) and damages the immune system which makes it easier for you to get sick. It is spread through blood, and a common way that it is spread is through sex.



HIV & AIDS

HIV is a virus which means once you have it in your body, it will be there for life, BUT people who get treatment for their HIV or AIDS **live long and healthy lives** and **can still be sexually active**.

How do you know if you have HIV?

Just like other STIs, you can get a test done to find out if you are HIV positive. Not everyone shows symptoms.

How many people have HIV or AIDS in the US?

About 1.2 million people in the U.S. have HIV, but about 13 percent of them don't know they have it. That's why it is important to get tested and use protection.

How is HIV transmitted?

Through exposure to an HIV+ person's blood, semen, vaginal fluids, anal mucus, and/or breast milk. You can get HIV from having vaginal or anal sex, sharing needles (for drugs, shots, tattoos, piercings, etc.), or getting HIV infection blood/semen/vaginal fluids into open sores or cuts on your body. It can also be passed from an HIV+ person to a baby if they are breastfeeding.

How ISN'T HIV transmitted?

You cannot get HIV from touching an HIV+ person, kissing, sharing food or drinks, coughing, sneezing, or from a toilet seat.

How does someone prevent getting HIV and AIDS?

- Refrain from having sexual contact with someone until you have both been tested.
- Use barrier methods of protection like internal and external condoms and dental dams.
- Take PEP or PrEP.
 - Pre-exposure prophylaxis (PrEP) is a pill that you take once per day and prevents you from getting HIV. It's commonly used when a person has a sexual partner who is HIV+.
 - Post-exposure prophylaxis (PEP) is a series of pills you take after you've been exposed to HIV and it lowers your chances of getting HIV. The sooner you begin taking it, the better.

What does it mean to be treated for HIV?

When HIV and AIDS first showed up in the late 1900s, there was no cure or treatment. Now, thanks to science, we have Antiretroviral therapy (ART) which is a combination of medicines. It works to decrease the amount of the virus in your body.

If you have HIV, will you for sure give it to someone else?

With treatment proper treatment, you can reach a point where there is so little HIV in your body that you are not likely to give it to someone else, but using protection and/or using PrEP or PEP is the best way to prevent it.

Hugging



Coughing/
sneezing



Sharing
silverware



Sharing drinks

HIV IS NOT SPREAD BY...



High fives



Using the
same
water
fountain



Sharing food



nasal mucus
(boogers)



Kissing



Using the
same toilet
seats

HIV CAN BE SPREAD BY...

Unprotected sex (oral, anal, or vaginal)

Breastfeeding

Sharing needles (for drugs, piercings, tattoos, shots, etc.)

